

## **Yoga exercises for the face at Hotel Medena**



**Allow your face to shine and look younger, come to the Hotel Medena and participate in a natural "anti-aging" program that will take place from 18.02. -25.02.2017.**

The program is based on a special Yoga exercises created by the former theater actress and yoga instructor Annelise Hagen. Includes breathing exercises and facial exercises that enhance the mobility of the muscles and stimulate better mobility of blood vessels, that contributes to the production of natural collagen and elastin, to make the face skin look fresher, tighter and younger.

Exercises of facial rejuvenation are dedicated to all people who want to preserve bright face and a fresh complexion without using artificial substances and plastic surgery.

**Keep Your face look younger !**

**Come to Hotel Medena**